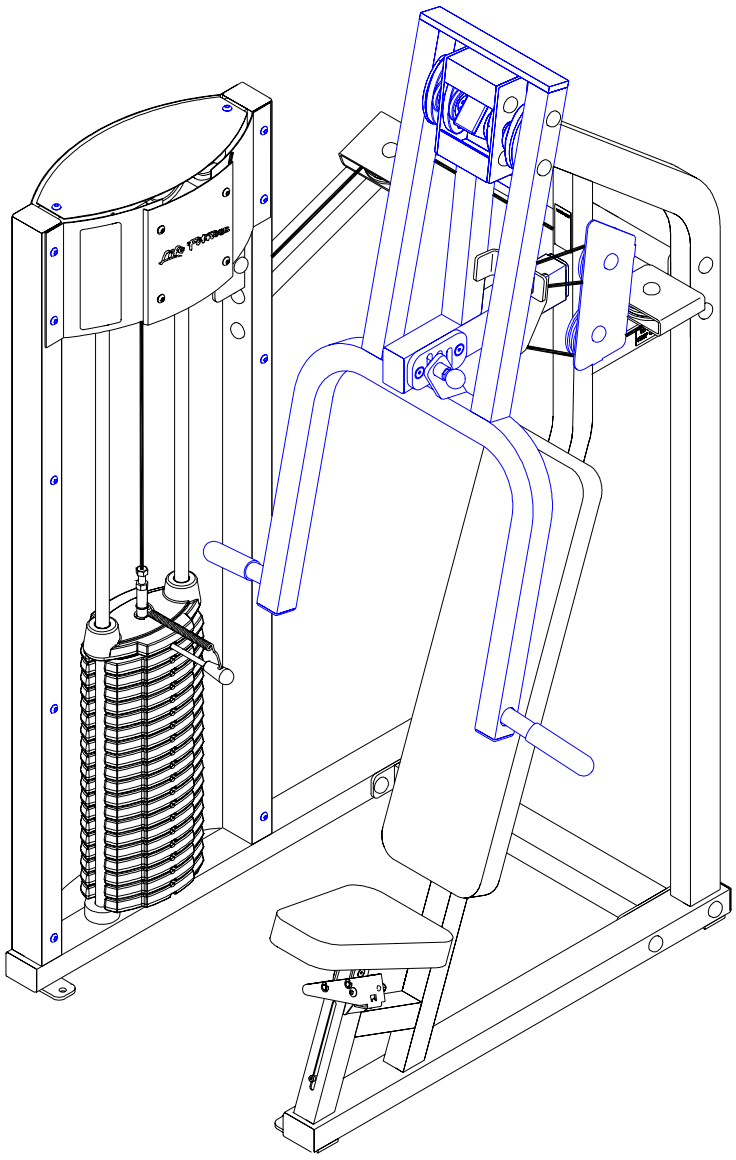
LifeFitness

CLUB SERIES CHEST PRESS



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	71238xx	TOWER	1
1A	7124201	CABLE ASSY	1
1B	6714901	GUIDE ROD BUSHING	2
1C	3102903	3/8-16 X 2.5 BOLT	2
1D	3222801	4.5 PULLEY	3
1E	3102933	3/8-16 X 2 BOLT	1
1G	3102514	3/8 FLAT WASHER	2
1H	6480301	3/8 SPACER	4
1I	6866701	3/8 RH WASHER	4
1J	3102807	3/8 NYLOCK NUT, LOW HT	3
1K	6866601	CAP, RH-20 BLK	4
1L	6692601	3 X 2 END CAP	4
2	68950xx	CROSS SUPPORT	1
3	71231xx	ASSY ADJUSTMENT ARM	1
3A	3108407	3/8-16 X 2.75 BOLT	2
3B	6895701	1/2 X 3 X 5.5 PLATE	1
3C	3116001	RUBBER BUMPER 1.25 SQ	2
4	71236xx	ASSY BOOM	1
4A	6912202	ASSY HINGE	1
4B	6967402	ASSY SEAT ADJ	1
4C	6897001	ADJ PLATE 15 POS	1
4D	6897101	ADJ PLATE	1
4E	3234301	5/16-18 X 1/2 SCREW	4
4F	3221701	E-RING EXTERNAL	4
4G	6896901	3/8 HINGE PIN	2
4H	3233401	3/8 X 2.5 BOLT	1
4I	3222101	SPRING	1
4J	3114705	5/16-18 NYLOCK NUT	1
4K	692601	3 X 2 END CAP	3
4M	3102807	3/8-16 NYLOCK NUT, LOW	1
4N	3222801	4.5 PULLEY	1
4O	3793001	LABEL, PRODUCT WARNING	1
4P	6866601	CAP, RH 20 BLK	2
4Q	3102905	3/8-16 X 3.75 BOLT	1
4R	6866701	3/8 RH WASHER	2
4S	6925801	LABEL, WARNING KEEP CLEAR	1
5	71240xx	CROSS BRACE	1

KEY	PART #	DESCRIPTION	QTY
6	69264xx	SINGLE CHEST SHROUD	1
7	69265xx	DOUBLE CHEST SHROUD	1
8	68839xx	GUIDE ROD SUPPORT	1
9	68997xx	PRESS ARM	1
9A	3103101	RUBBER GRIP	2
9B	6606801	SPRING PIN	1
10	6927001	GUIDE ROD	2
11	3102901	3/8 X 1-1/4" BOLT	2
12	3102924	3/8 X 1-3/4" BOLT	1
13	3102922	3/8 X 2-3/4" BOLT	4
14	3102904	3/8 X 3" BOLT	2
15	3102905	3/8 X 3-3/4" BOLT	4
16	3102906	3/8 X 4" BOLT	3
17	3202407	3/8 X 3-1/4" BUTTON HEAD BOLT	4
18	3202406	3/8 X 1-1/4" BUTTON HEAD BOLT	4
19	3102807	3/8" LOW HEIGHT LOCK NUT	21
20	3102903	3/8 X 2-1/2" BOLT	2
21	3102514	3/8" SAE WASHER	23
22	6866701	3/8" RH WASHER	39
23	3203501	PILLOW BLOCK	4
24	6913801	WEIGHT STACK SELECTOR PIN	1
25	3108001	WEIGHT STACK CUSHION	2
26	6866601	RH CAP BLACK	5
27	3222001	1" SHAFT COLLAR	2
28	6714901	GUIDE ROD BUSHING	2
29	3222801	4-1/2" PULLEY	3
30	6942301	PLACARD LABEL	1
31	6942401	LANGUAGE PLACARD LABEL	1
32	3230701	STARLOCK WASHER	8
33	6887202	10 LB. WEIGHT PLATE (STD)	20
34	6888402	15 LB. WEIGHT PLATE (OPT)	10
35	68769xx	BACK PAD	1
36	69131xx	SEAT PAD	1
37	6957001	WEIGHT STACK LABEL	1
38	6923602	HEAD PLATE	1
39	6866602	RH CAP WHITE	34
OR	6866603	RH CAP PLATINUM	34

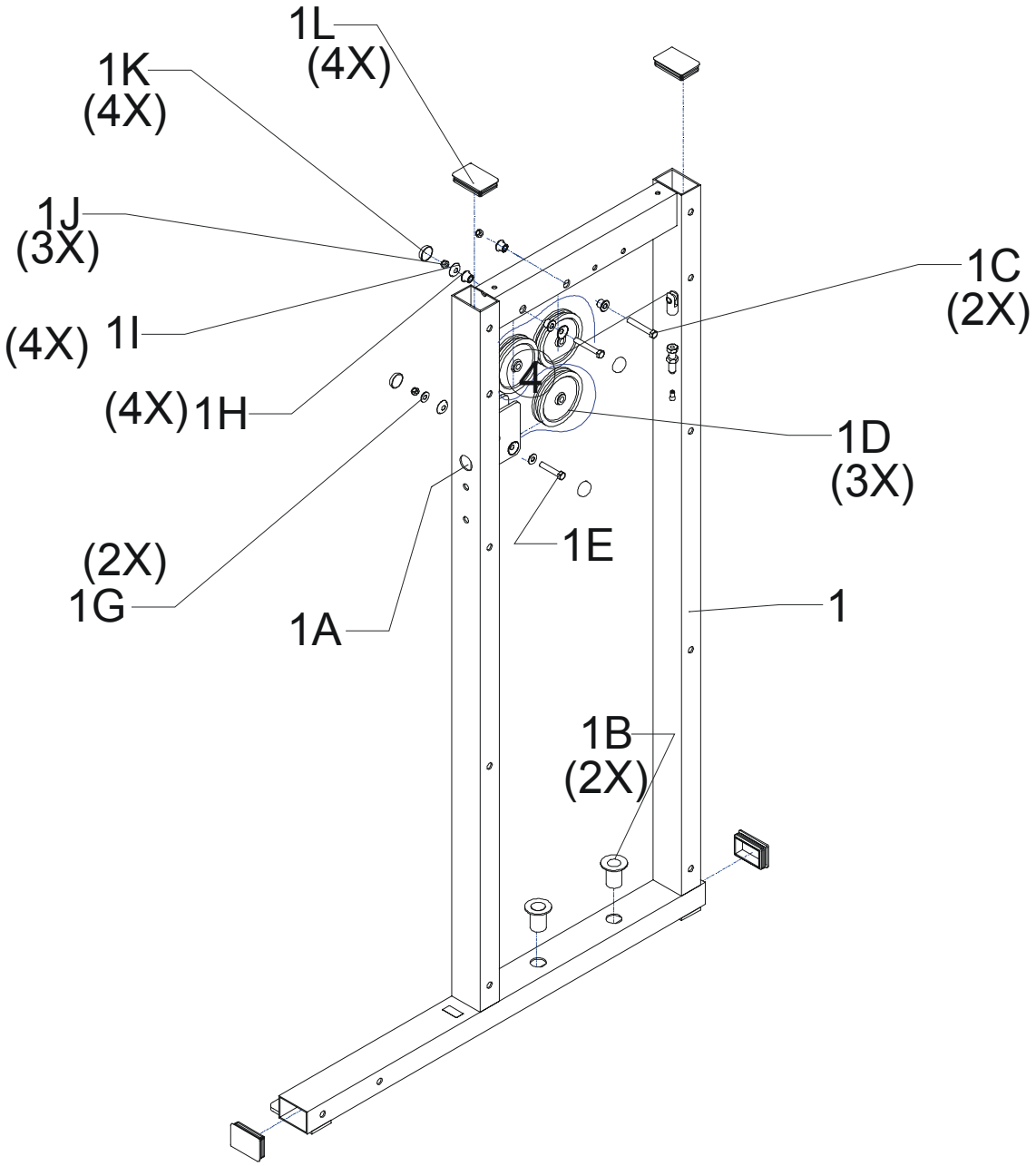
***For all 5 digit part numbers you need to add the color at the end.**
For shrouds and weldments please use the following codes:

xxxxx07 Denotes Platinum
xxxxx08 Denotes White

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

Code Description
#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


1L
(4X)
1K
(4X)
1J
(3X)
(4X)
1I
(4X)
1H
1C
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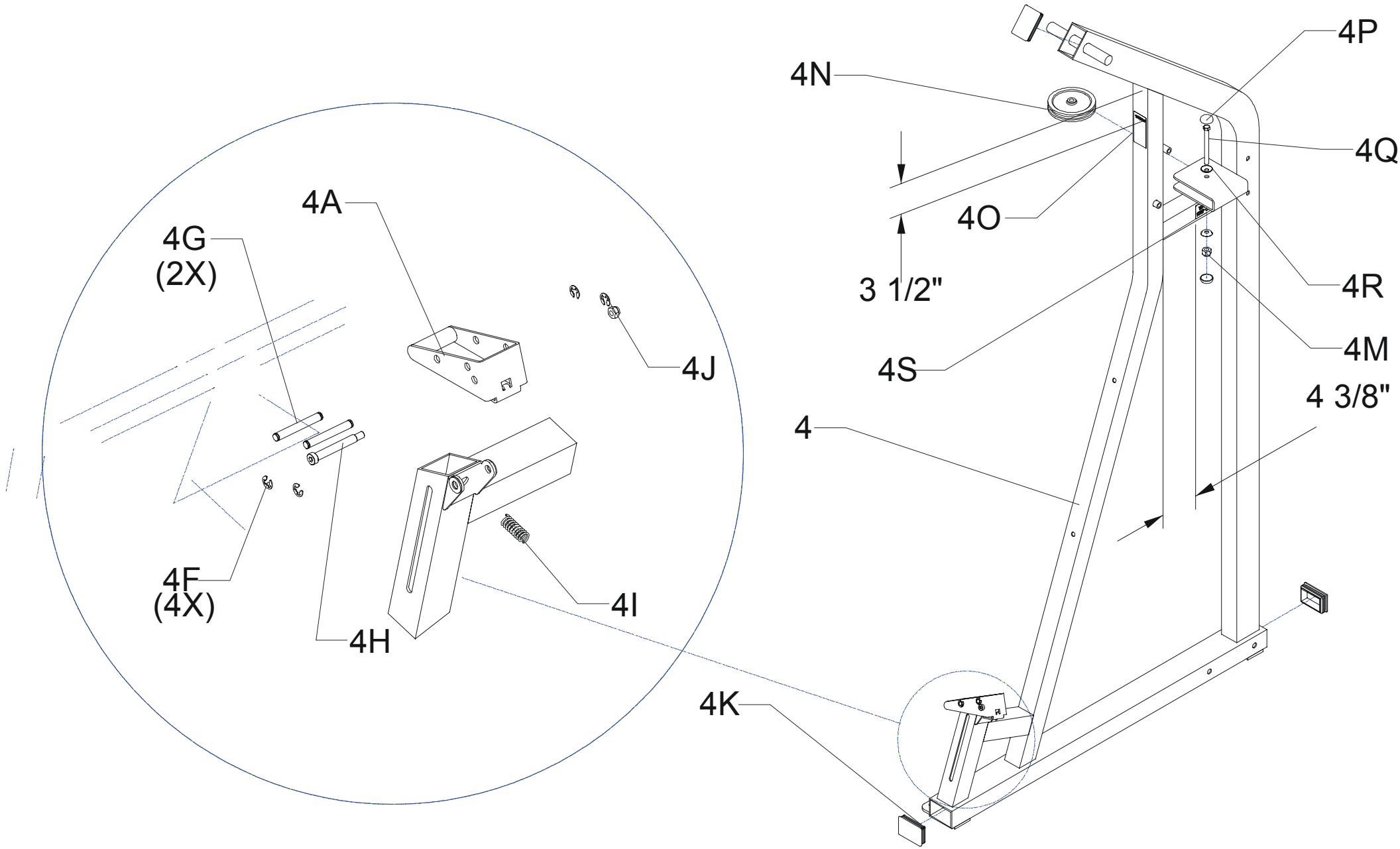
4
1D
(3X)
1E
(2X)
1G
1A
1
1B
(2X)


4A
4G
(2X)
4J
4F
(4X)
4H
4I
4K
4N
4P
4Q
4O
3 1/2"
4R
4S
4M
4 3/8"
4

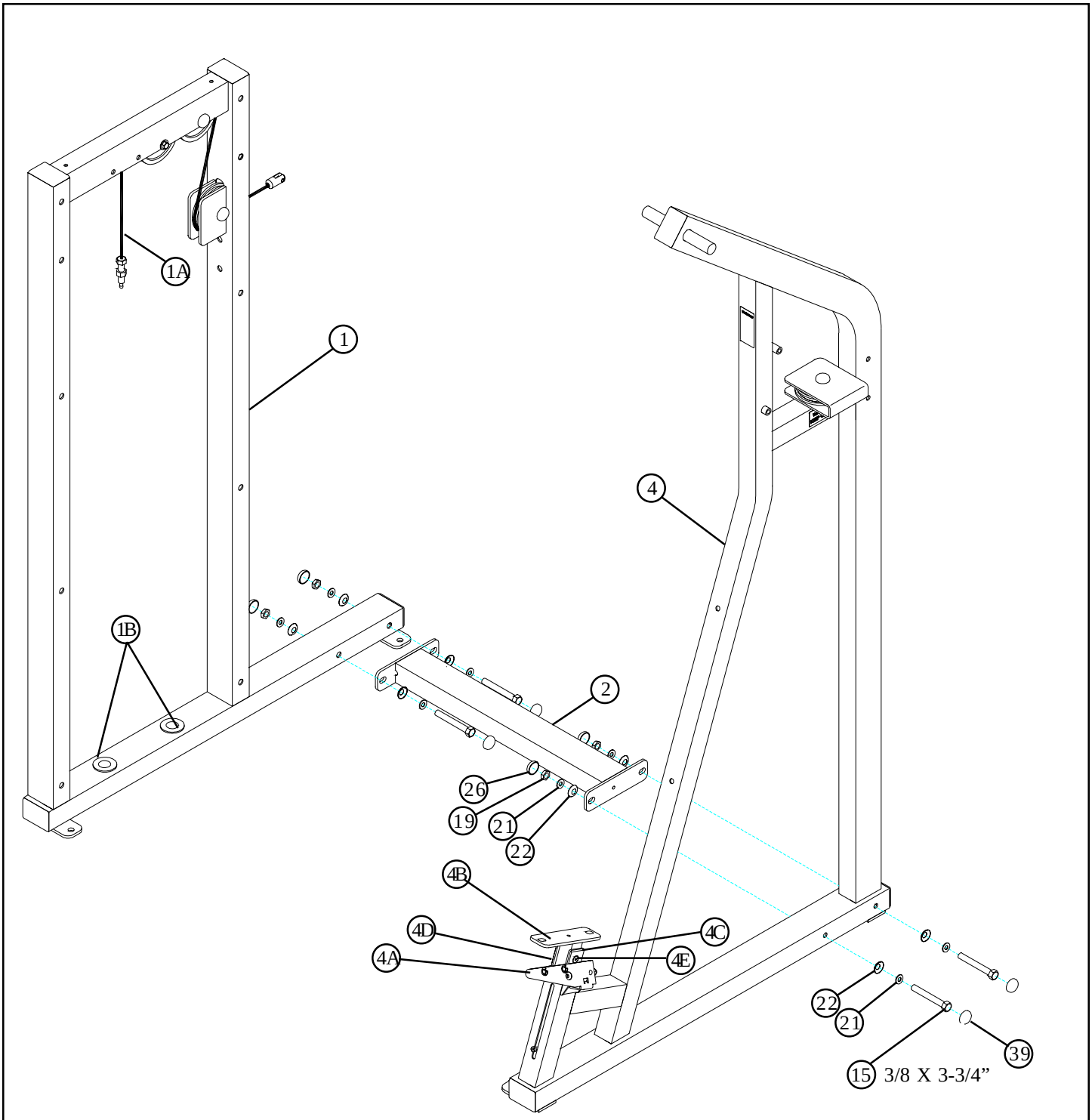


FIGURE 1

STEP 1:

- **LOOSELY** assemble the CROSS SUPPORT (2) to the TOWER (1) and the BOOM ASSEMBLY (4) using eight RH CAPS (39), four 3/8 X 3-3/4” BOLTS (15), eight 3/8” SAE WASHERS (21), eight 3/8” RH WASHERS (22) and four 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.

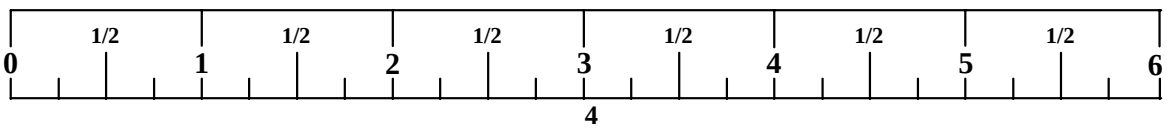
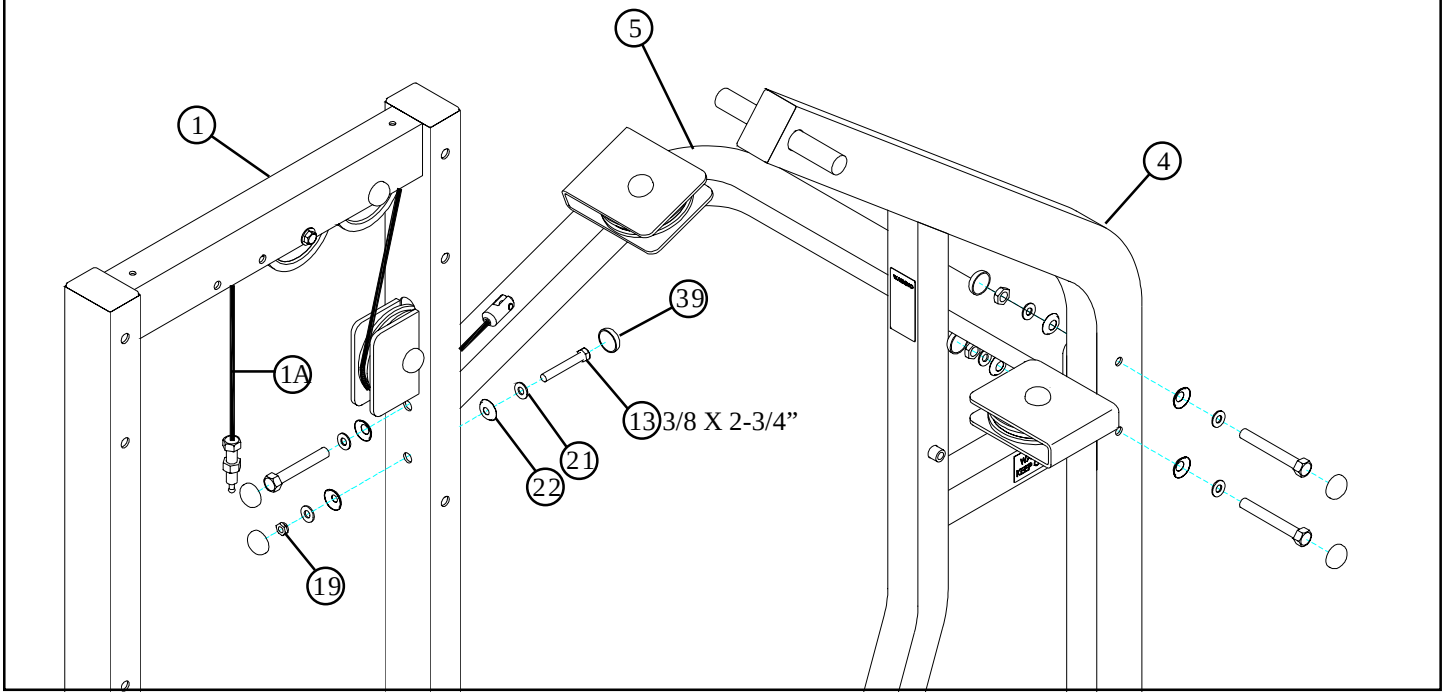


FIGURE 2



STEP 2:

- **LOOSELY** assemble the CROSS BRACE (5) to the TOWER (1) and the BOOM ASSEMBLY (4) using seven RH CAPS (39), four 3/8 X 2-3/4” BOLTS (13), seven 3/8” SAE WASHERS (21), seven 3/8” RH WASHERS (22) and three 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 2.

- **Securely tighten all loose frame connections made to this point.**

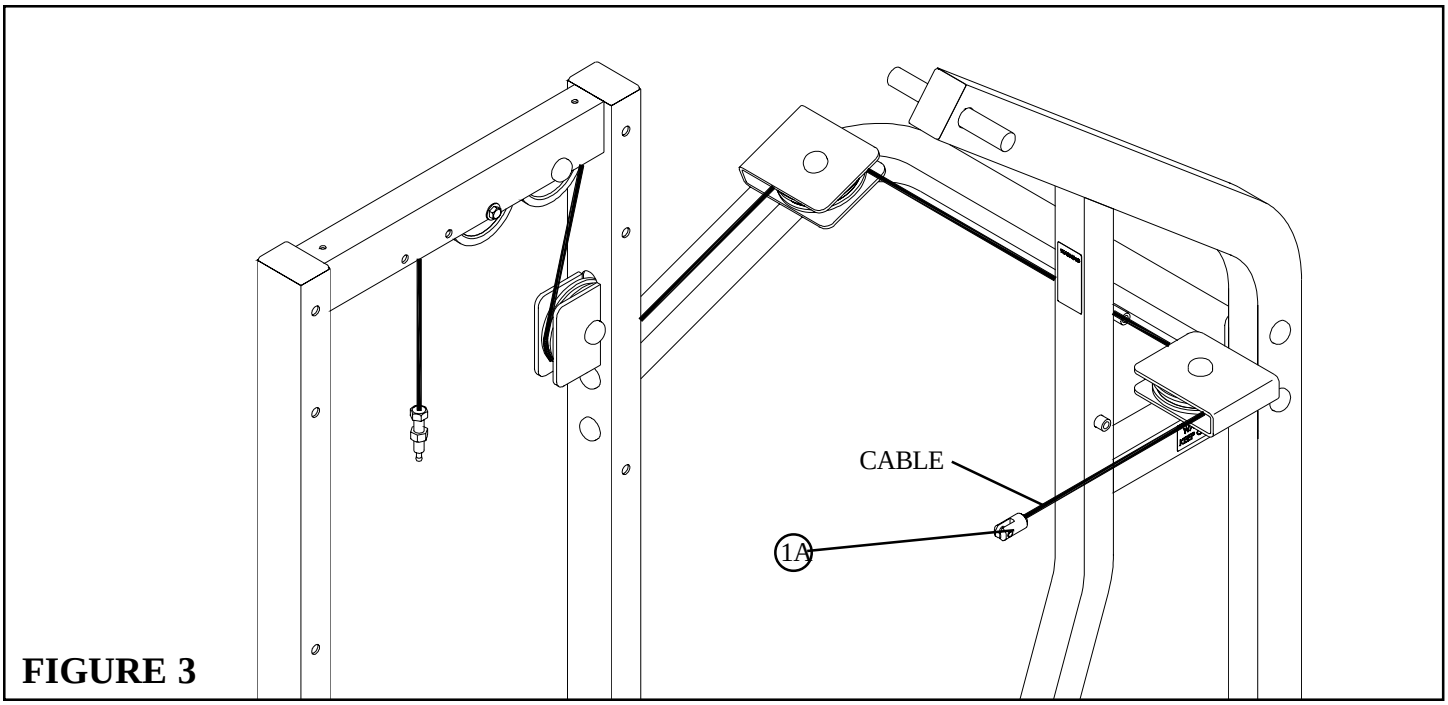
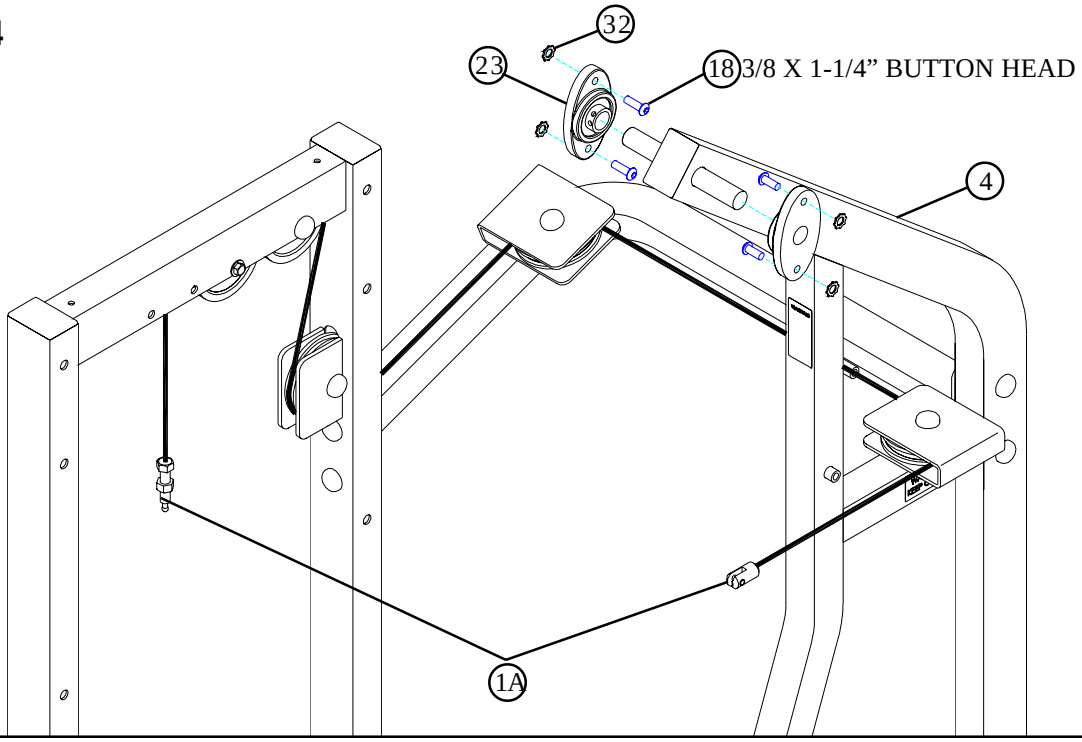


FIGURE 3

STEP 3:

- Carefully route the CABLE around the pulleys as shown. Make sure the CABLE is in the grooves of all the pulleys.

FIGURE 4



STEP 4:

- Slide two PILLOW BLOCKS (23) over the shafts on the BOOM ASSEMBLY (4) as shown in FIGURE 4.
- Assemble four 3/8 X 1-1/4" BUTTON HEAD CAP SCREWS (18) and four STARLOCK WASHERS (32) to the the PILLOW BLOCKS (23) as shown in FIGURE 4

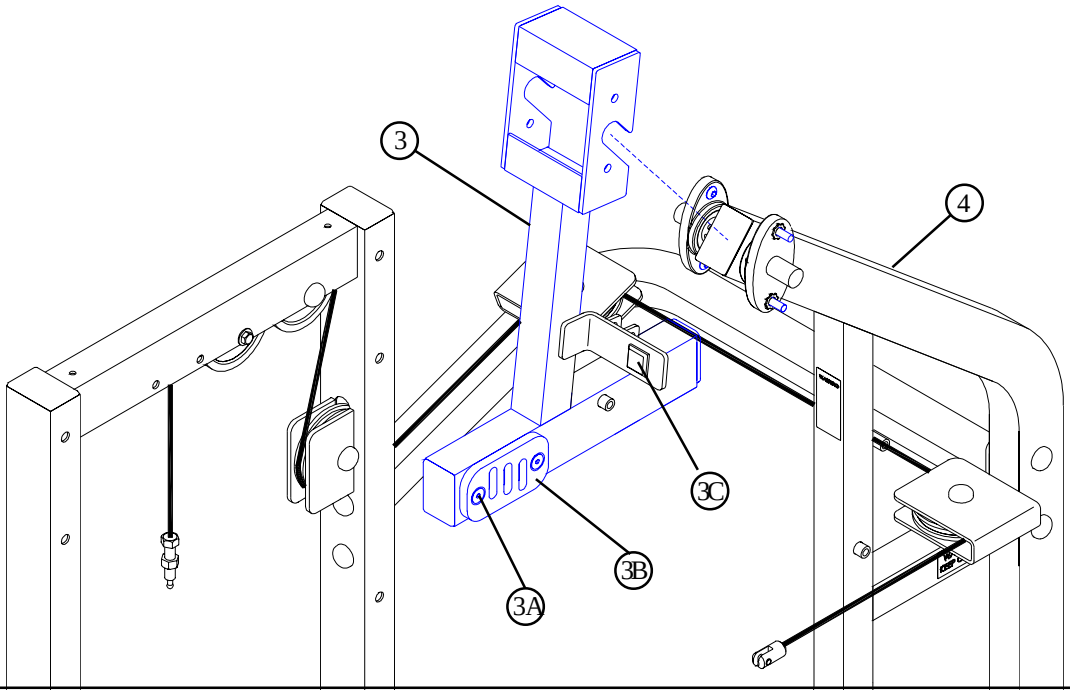
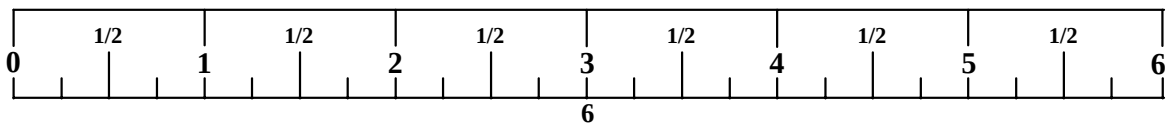


FIGURE 5

STEP 5:

- Slide the ARM ADJUSTMENT (3) over the shafts on the BOOM ASSEMBLY (4) as shown in FIGURE 5. **(NOTE: Make sure PILLOW BLOCKS are on the INSIDE of the ARM ADJUSTMENT.)**



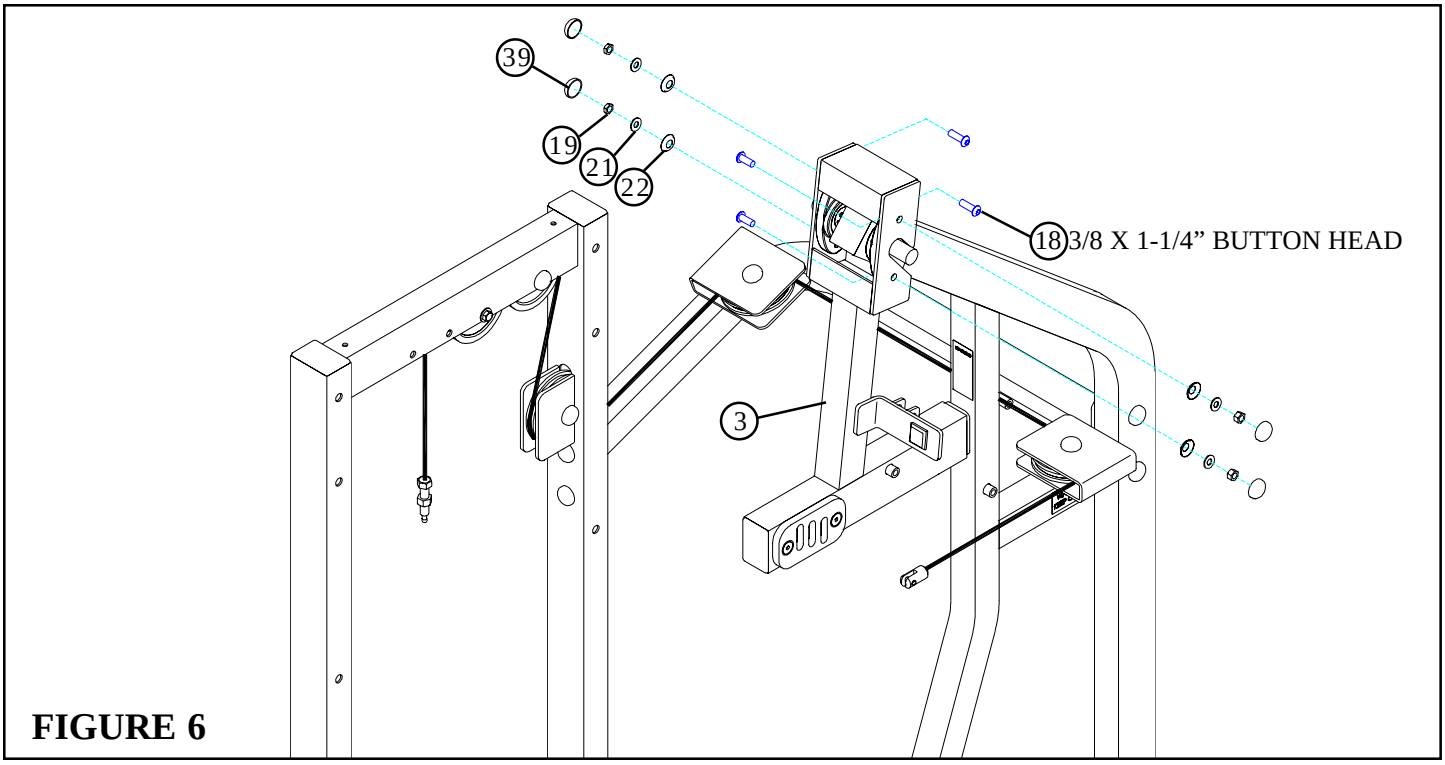
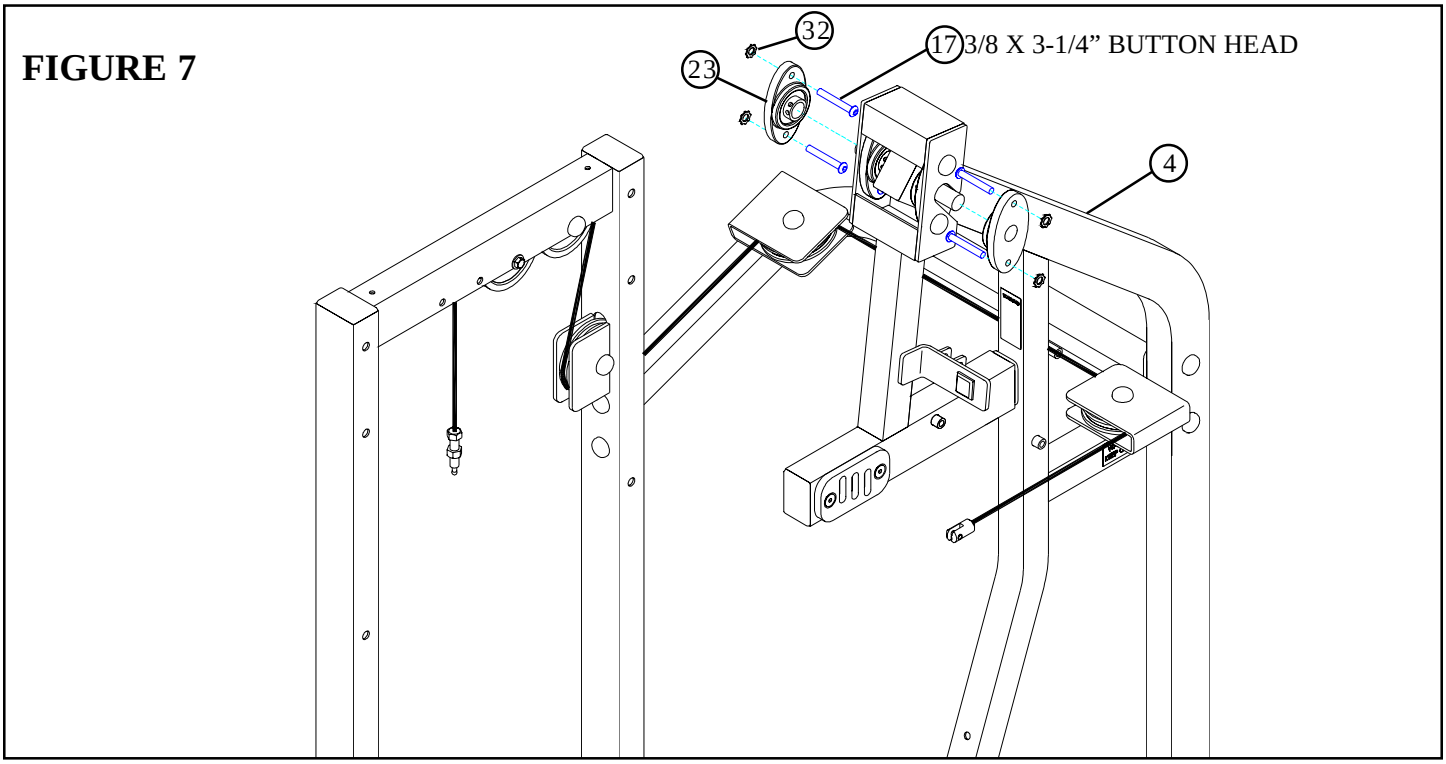


FIGURE 6

STEP 6

- **SECURELY** assemble the PILLOW BLOCKS (23) to the ARM ADJUSTMENT (3) using four previously inserted 3/8 X 1-1/4" BUTTON HEAD CAP SCREWS (18), four previously inserted STARLOCK WASHERS (32), four 3/8" SAE WASHERS (21), four RH WASHERS (22), four 3/8" LOW HEIGHT LOCK NUTS (19) and four RH CAPS (39) as shown in FIGURE 6
- **IMPORTANT!** When ARM ADJUSTMENT (3) is centered and level in the PILLOW BLOCKS (23), tighten the PILLOW BLOCK set screws.

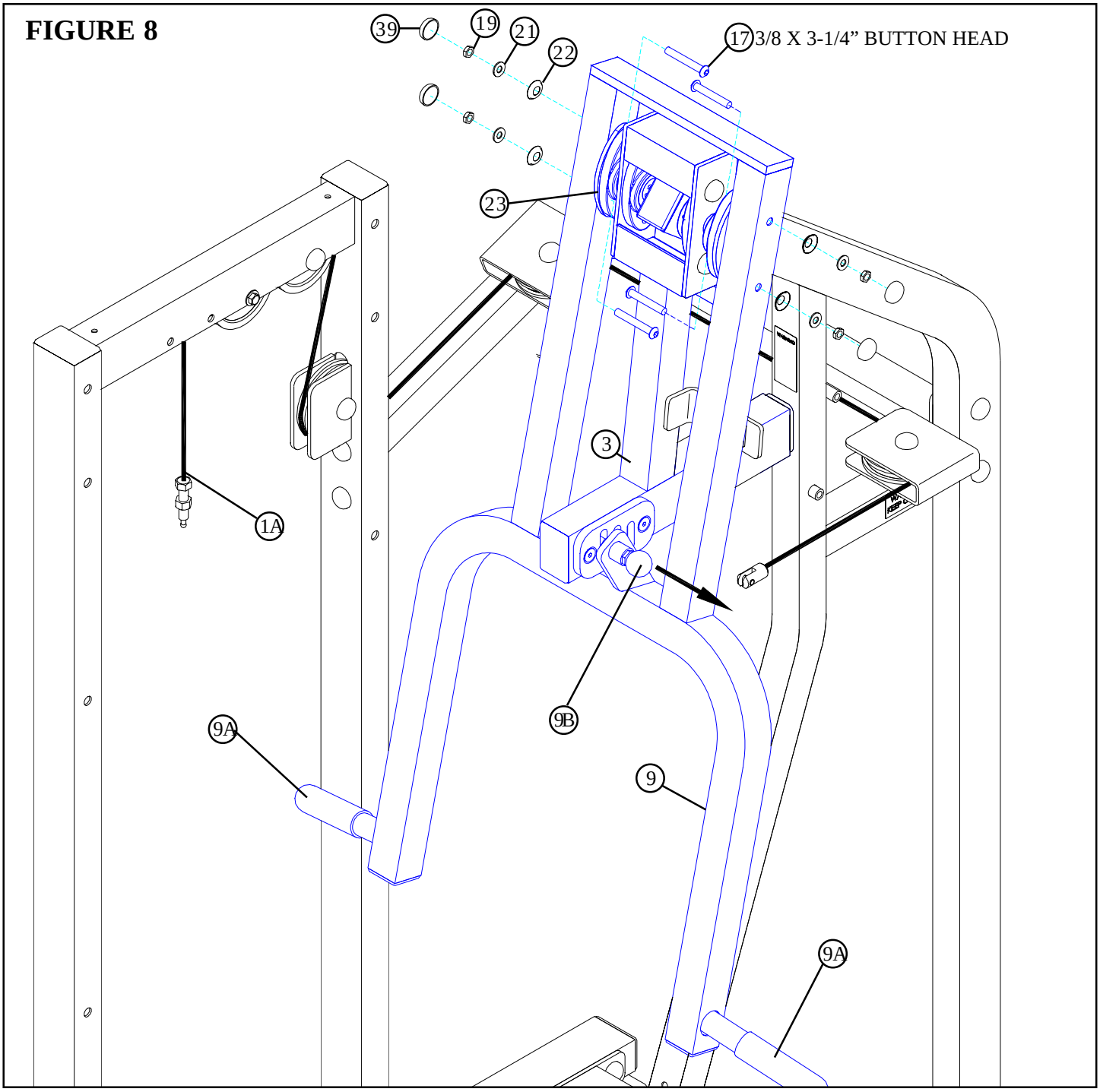
FIGURE 7



STEP 7:

- Slide two PILLOW BLOCKS (23) over the shafts on the BOOM ASSEMBLY (4) as shown in FIGURE 7.
- Assemble four 3/8 X 3-1/4" BUTTON HEAD CAP SCREWS (17) and four STARLOCK WASHERS (32) to the the PILLOW BLOCKS (23) as shown in FIGURE 7

FIGURE 8



STEP 8:

- **SECURELY** assemble the PILLOW BLOCKS (23) to the ARM ADJUSTMENT (3) using four previously inserted 3/8 X 3-1/4" BUTTON HEAD CAP SCREWS (17), four previously inserted STARLOCK WASHERS (32), four 3/8" SAE WASHERS (21), four RH WASHERS (22), four 3/8" LOW HEIGHT LOCK NUTS (19) and four RH CAPS (39) as shown in FIGURE 8

- **IMPORTANT!** When the PRESS ARM (9) is centered and level in the PILLOW BLOCKS (23), tighten the PILLOW BLOCK set screws.

- Pull back the SPRING PIN on the PRESS ARM (9) until the the PRESS ARM (9) lines up with one of the adjustment holes on the ADJUSTMENT ARM (3).

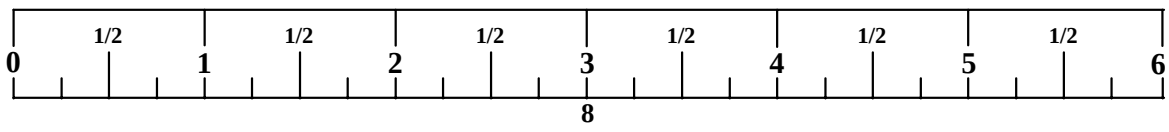
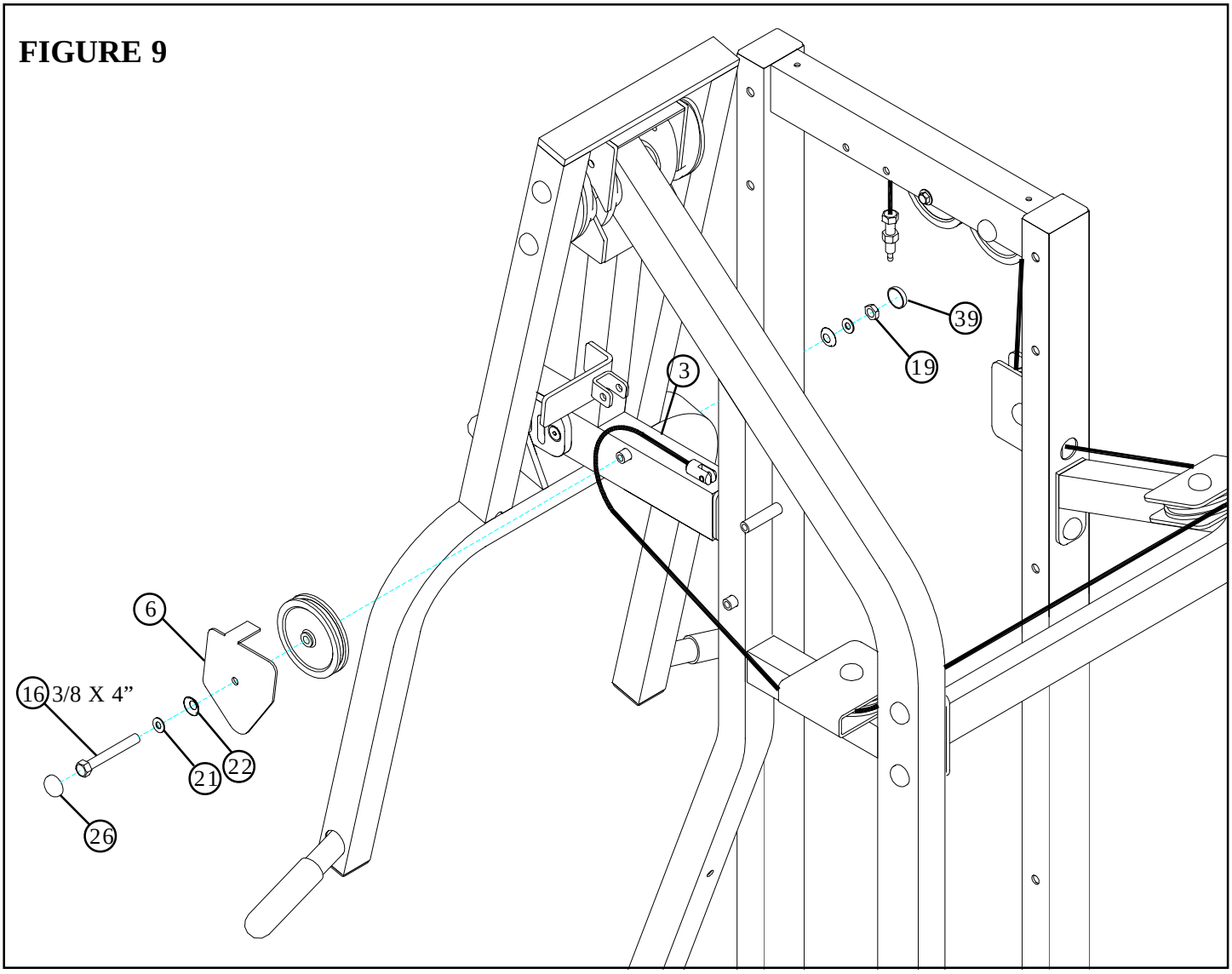


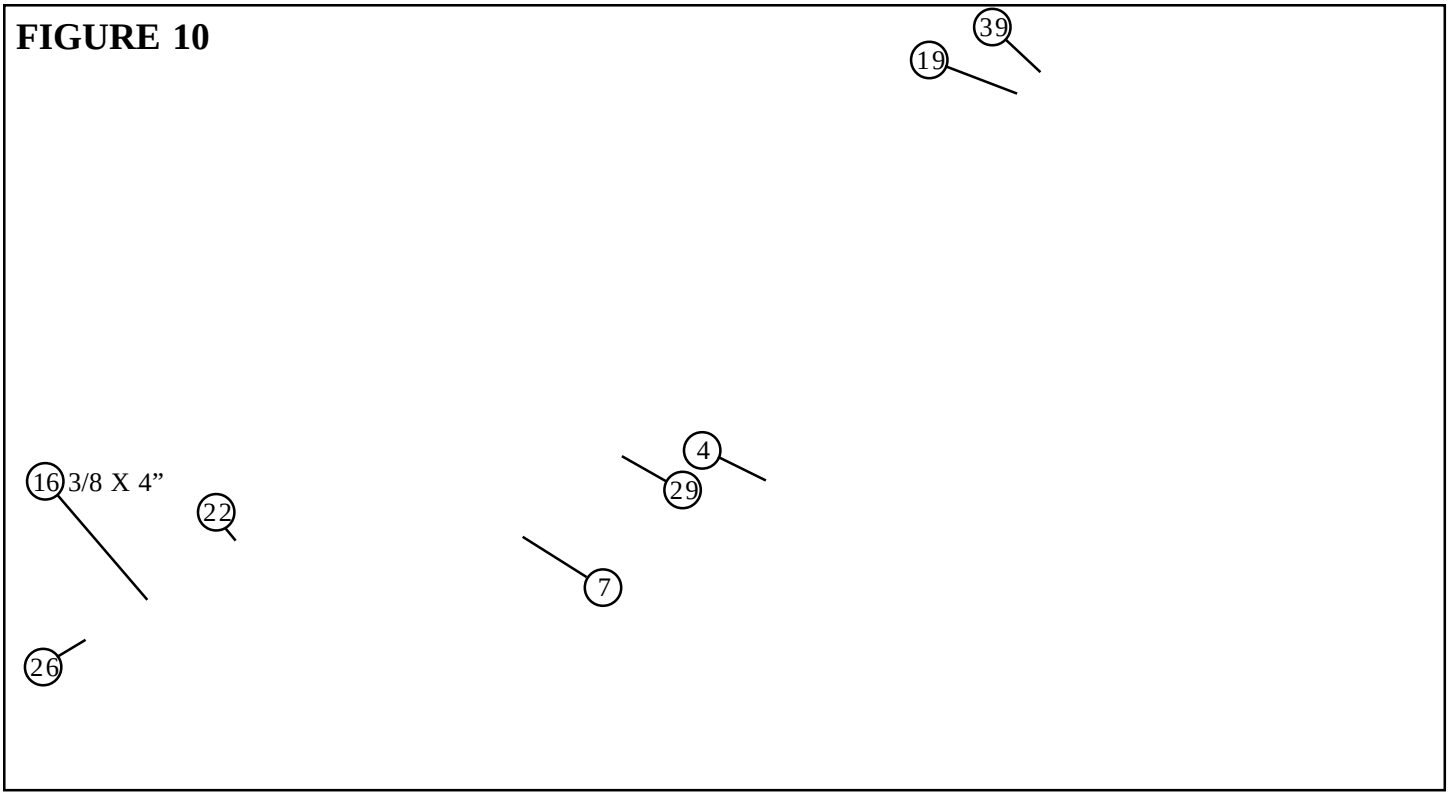
FIGURE 9



STEP 9:

- **SECURELY** assemble the SINGLE CHEST SHROUD (6) and one 4-1/2” PULLEY (29) to the ARM ADJUSTMENT (3) using one 3/8 X 4” BOLT (16), two 3/8” SAE WASHERS (21), two RH WASHERS (22), one 3/8” LOW HEIGHT LOCK NUT (19), and one RH CAP (26) and one RH CAP (39) as shown in FIGURE 9
- Carefully route the CABLE around the pulley as shown. Make sure the CABLE is in the grooves of all the pulley.

FIGURE 10



STEP 10:

- **SECURELY** assemble the DOUBLE CHEST SHROUD (7) and two 4-1/2” PULLEYS (29) to the BOOM ASSEMBLY (4) using two 3/8 X 4” BOLTS (16), four RH WASHERS (22), two 3/8” LOW HEIGHT LOCK NUTS (19) and two RH CAPS (26), and two RH CAPS (39) as shown in FIGURE 10.
- Carefully route the CABLE around the pulley as shown. Make sure the CABLE is in the grooves of all the pulley.

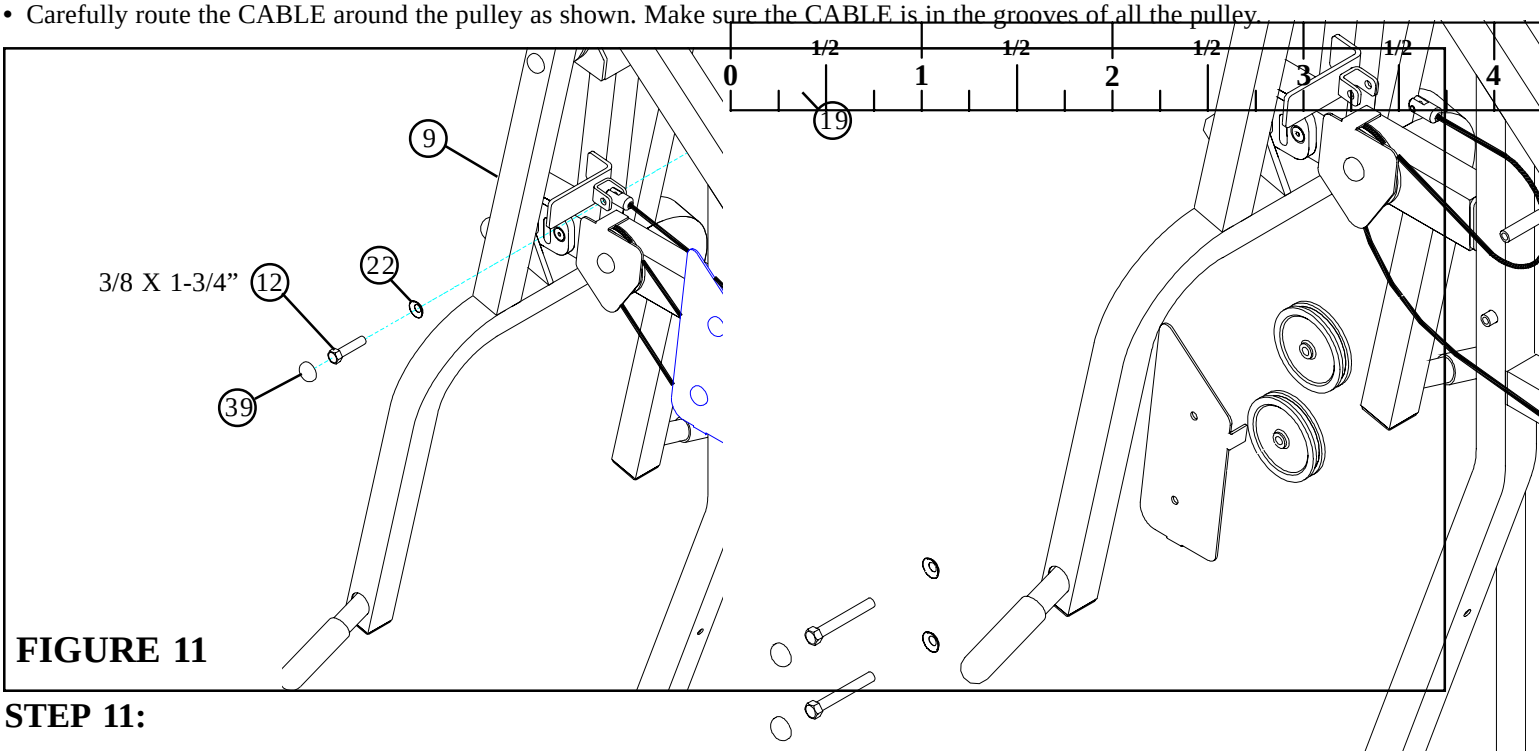


FIGURE 11

STEP 11:

- **SECURELY** assemble the CABLE swivel end to the ARM ADJUSTMENT (3) using one 3/8 X 1-3/4” BOLT (12), two RH WASHERS (22), one 3/8” LOW HEIGHT LOCK NUT (19) and two RH CAPS (39) as shown in FIGURE 11. **(NOTE: Securely tighten connection, then back nut off 1/4 turn to allow the cable swivel to rotate freely.)**

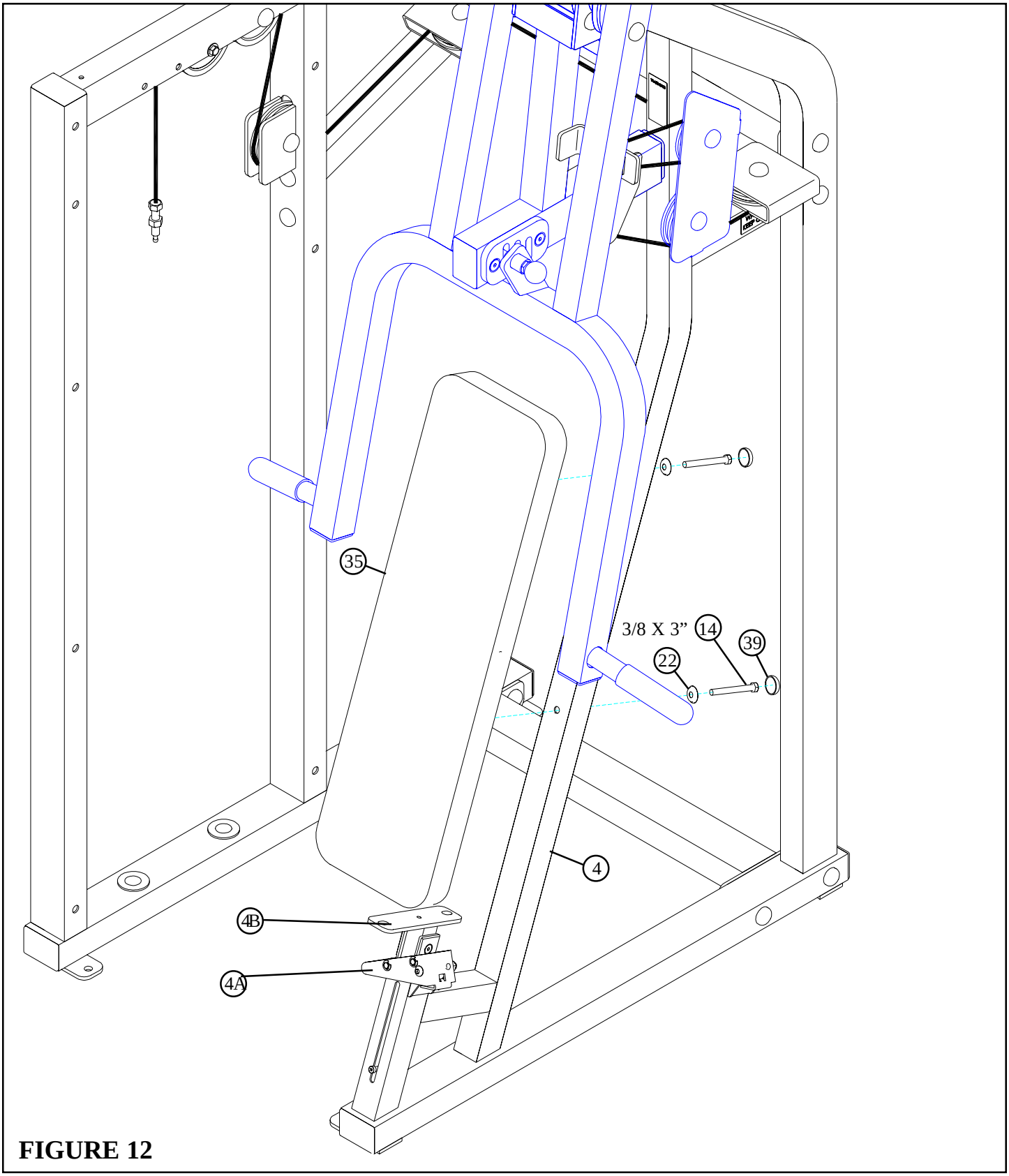
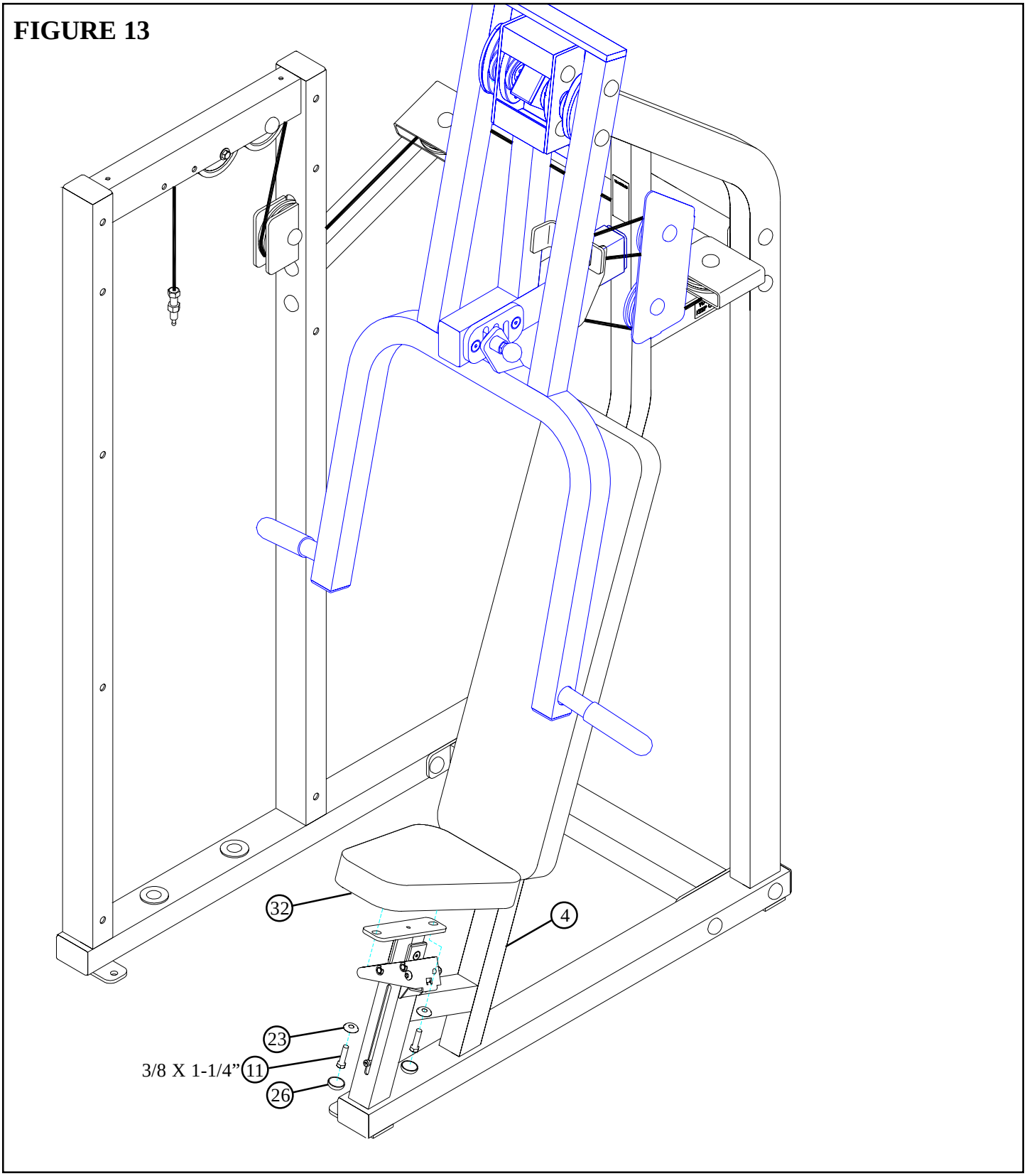


FIGURE 12

STEP 12:

- **SECURELY** assemble the BACK PAD (35) to the BOOM ASSEMBLY (4) using two RH CAPS (39), two 3/8 X 3” BOLTS (14) and two 3/8” RH WASHERS (22) as shown in FIGURE 12.

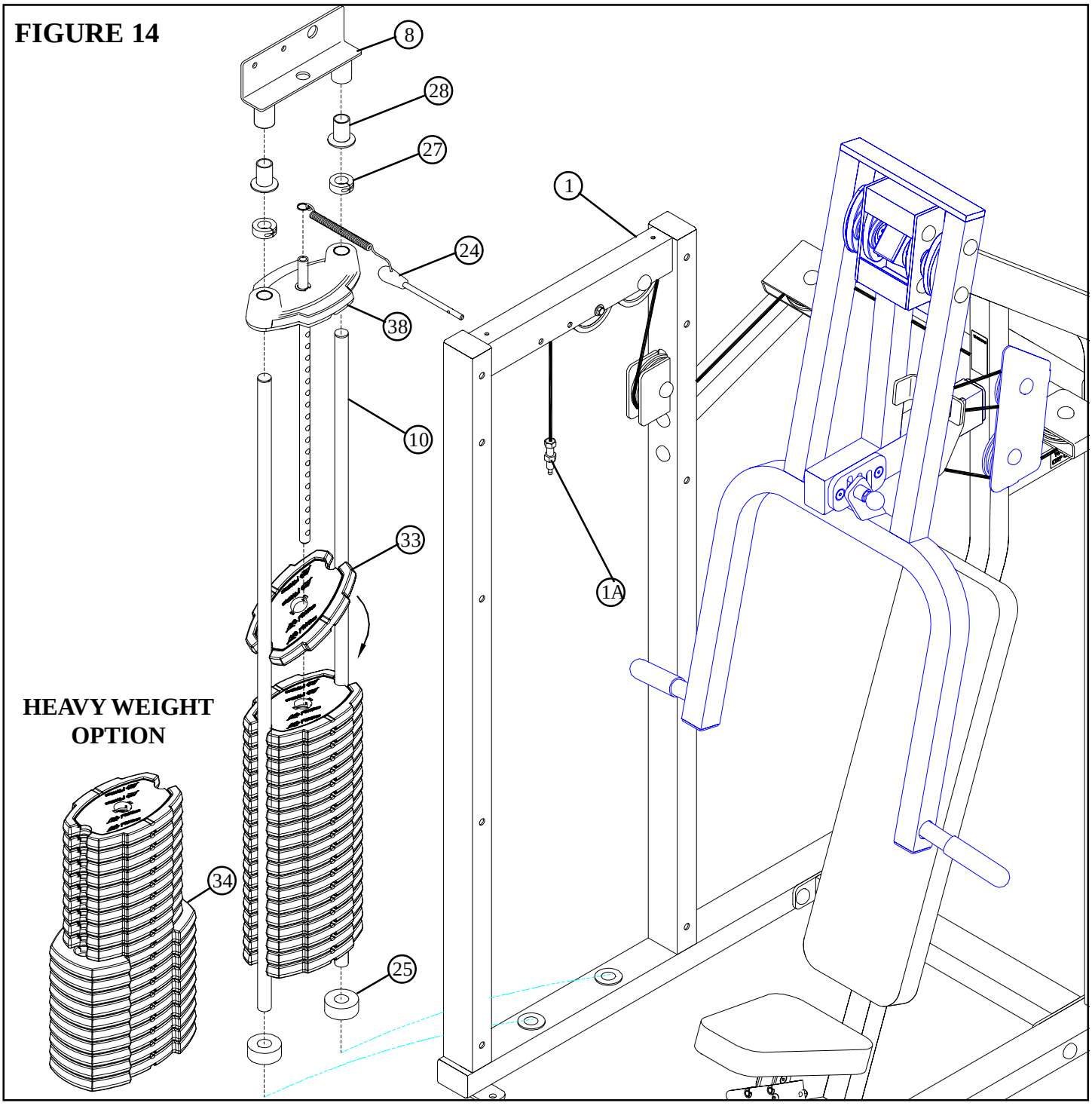
FIGURE 13



STEP 13:

- **SECURELY** assemble the SEAT PAD (36) to the BOOM ASSEMBLY (4) using two RH CAPS (26), two 3/8 X 1-1/4” BOLTS (11) and two 3/8” RH WASHERS (22) as shown in FIGURE 13.

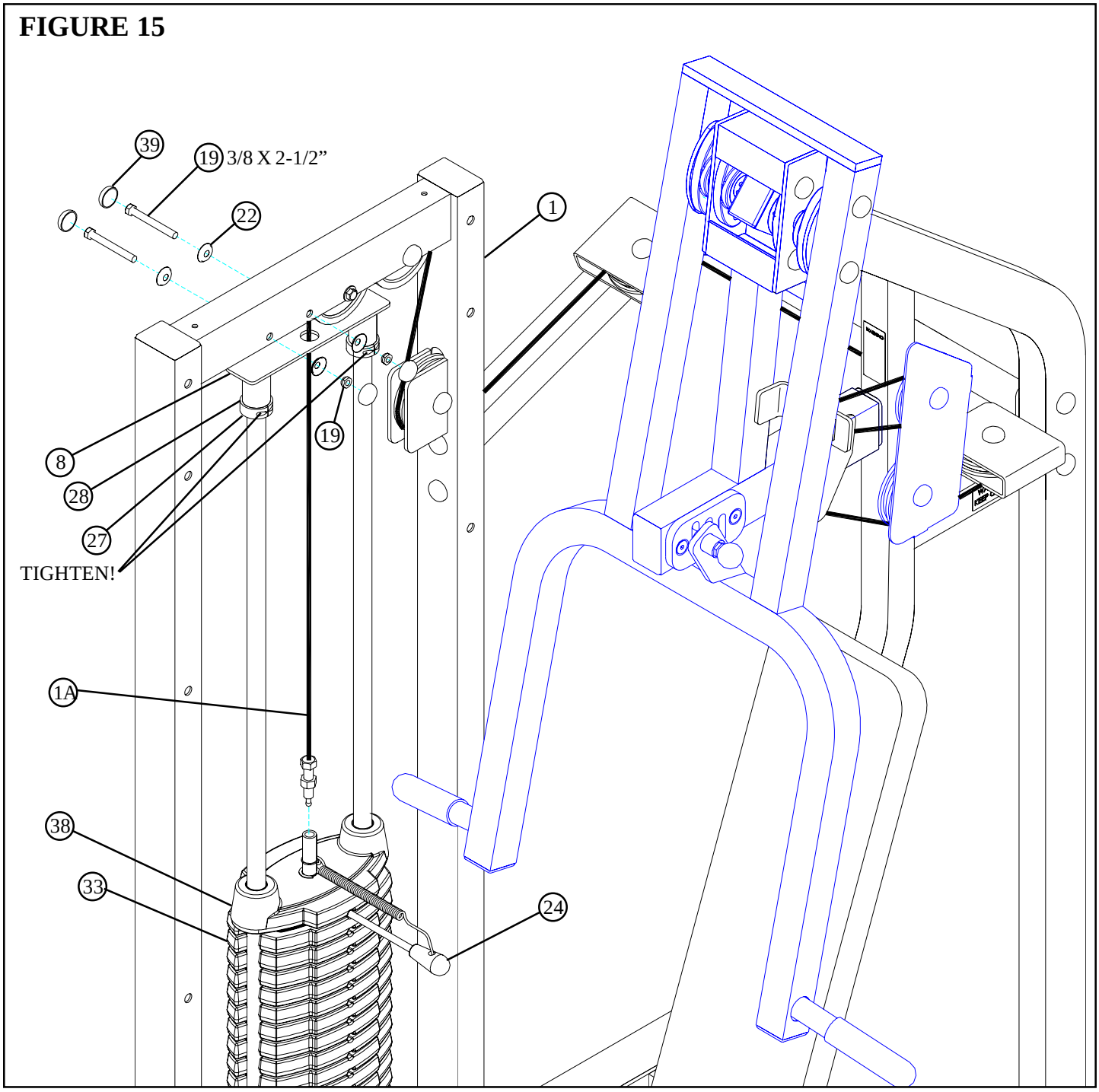
FIGURE 14



STEP 14:

- Insert the two GUIDE RODS (10) **FOUND IN SHROUD KIT BOX**, into the base of the TOWER (1) as shown in FIGURE 14. Lubricate the GUIDE RODS (10) with a slicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (25) down over the GUIDE RODS (10). See FIGURE 14.
- Using **EXTREME CARE** place twenty 10 LB. WEIGHT PLATES (33) over the GUIDE RODS (10). **(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (34) over the GUIDE RODS (10) first, then slide ten 10 LB. WEIGHT PLATES (33) over the GUIDE RODS.)** .
- Carefully Slide the HEAD PLATE (38) down over the GUIDE RODS (10) onto the weight stack as shown in FIGURE 14.
- Slide one WEIGHT STACK SELECTOR PIN (24) over the shaft on the HEAD PLATE (38) as shown in FIGURE 14.
- Slide two 1" SHAFT COLLARS (27) over each GUIDE ROD (10) as shown in FIGURE 14.
- Slide two GUIDE ROD BUSHINGS (28) over each GUIDE ROD(10)
- Place the GUIDE ROD SUPPORT (8) over the GUIDE RODS (10) as shown in FIGURE 14.

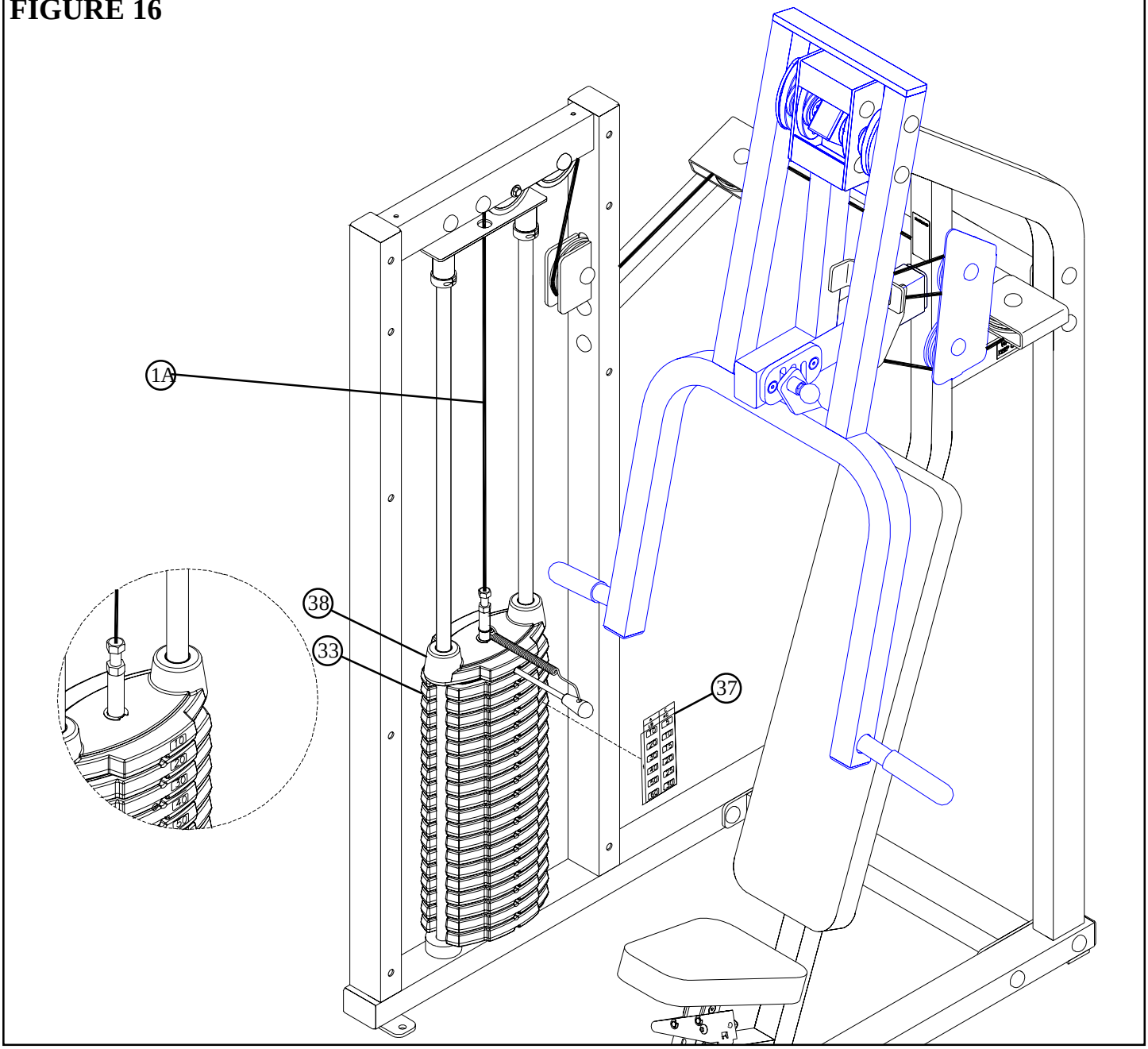
FIGURE 15



STEP 15:

- **SECURELY** assemble the GUIDE ROD SUPPORT (8) to the TOWER (1) using four RH CAPS (39), two 3/8 X 2-1/2” BOLTS (19), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 15.
- Slide GUIDE ROD BUSHINGS (28) into the tubes on the GUIDE ROD SUPPORT (8), slide 1” SHAFT COLLARS (27) underneath the GUIDE ROD BUSHINGS (28) and **SECURELY** tighten the set screws.
- Screw the threaded end of the CABLE all the way into the end of the shaft on the HEAD PLATE (38) and tighten jam nut securely. See FIGURE 15.
- Insert the WEIGHT STACK PIN (24) into the WEIGHT STACK as shown in FIGURE 15.

FIGURE 16



STEP 16:

• The WEIGHT STACK LABEL sheet (37) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.

• Peel the backing off the WEIGHT STACK LABELS (37), line up sheet to the right of the selector opening and apply labels to the 10 LB.WEIGHT PLATES (33) and/or 15 LB. WEIGHT PLATES (34), starting with the HEAD PLATE (38) as shown in FIGURE 16.

• **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

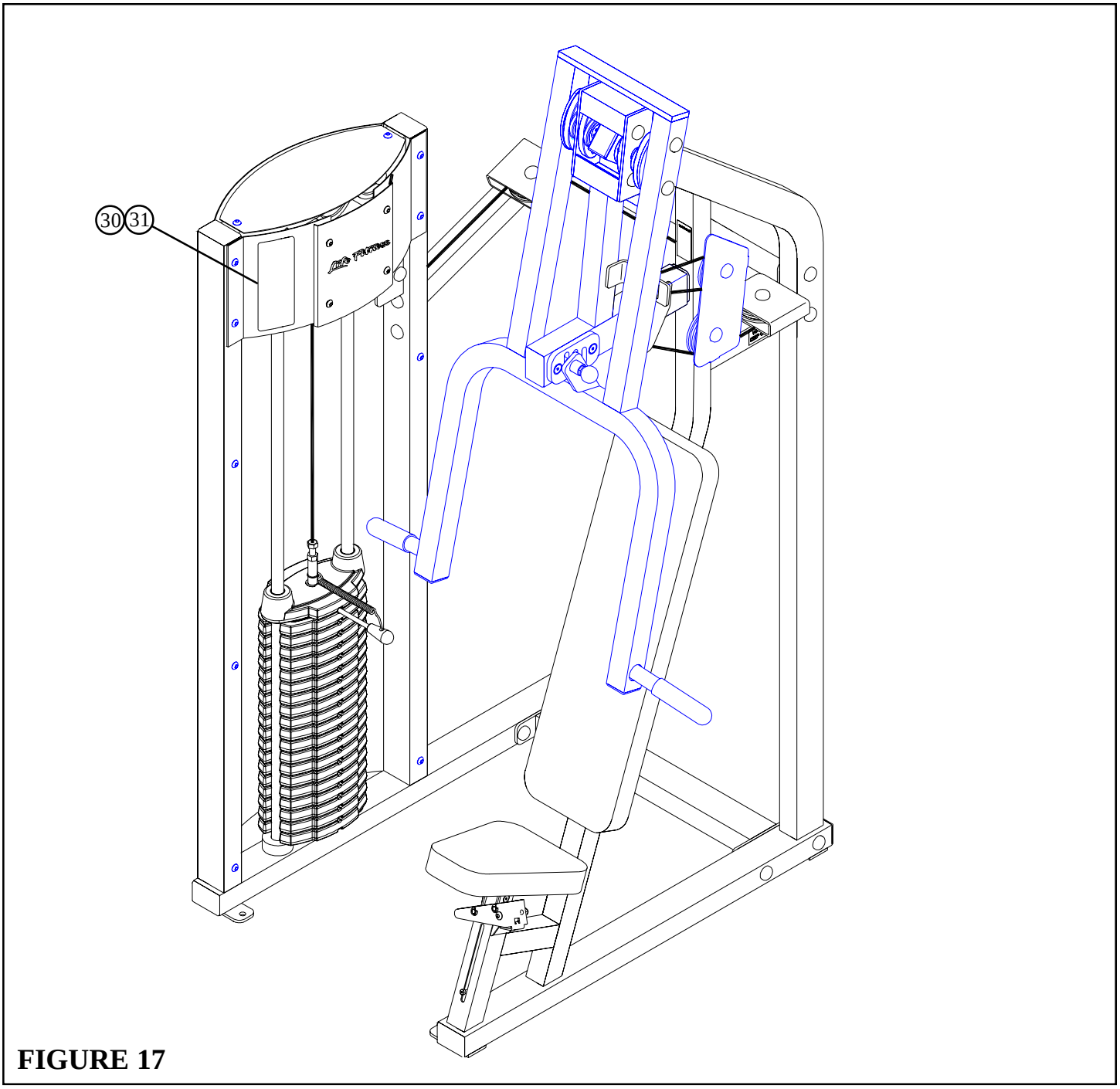


FIGURE 17

STEP 17:

- Assemble the PLACARD LABEL (30) or the FOREIGN LANGUAGE PLACARD LABEL (31) to the FRONT SHROUD as shown in FIGURE 17.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES CHEST PRESS. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.